

GROUP PHYSIO CLASS TIMETABLE

REFORMER PILATES | FUNCTIONAL STRENGTH | MAT PILATES

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	7:00am Functional Strength		7:00am Functional Strength		7:00am Functional Strength
			7:40am Reformer Pilates		
Lunchtime	12:00pm Reformer Pilates			11:45am Mat Pilates	11:45am Mat Pilates – Advanced
	12:30pm Functional Strength	12:00pm Advanced Reformer Pilates	12:10pm Functional Strength	12:30pm Mat Pilates – Advanced	12:30pm Functional Strength
			12:50pm Reformer Pilates	1:00pm Reformer Pilates	12:30pm Advanced Reformer Pilates
Evening	5:20pm Functional Strength	4:30pm Functional Strength	5:20pm Functional Strength	5:20pm Reformer Pilates	
	5:20pm Reformer Pilates	5:15pm Mat Pilates	5:20pm Advanced Reformer Pilates	6:00pm Reformer Pilates	